

Protect Your Child From Lead Poisoning



If your child has been exposed to lead, you can protect him by making sure he eats well. Eating good foods will help his body fight lead poisoning.

Children get lead poisoning when they accidentally swallow small amounts of lead or lead dust. Lead may be in paint, dust, soil, drinking water and food. Children swallow lead because they often put their hands and other things in their mouths. Lead can damage the brain and other organs in young children.

How can you help your child stay healthy?

☆ *Serve your child at least three meals a day*

Children have higher risk of lead poisoning when:

- ✓ they have poor appetites
- ✓ they don't eat enough healthy foods
- ✓ they do not eat regularly

Poor nutrition and an empty stomach lets the body absorb more lead. Feed your child a variety of foods. If your child does not eat much at a time, offer smaller meals more often.

☆ *Give your child healthy snacks*

Healthy snacks help children get enough food. It is hard for children with small appetites to eat enough food in just 3 meals a day.

These snack ideas can help:

cheese cubes
melon cubes
broccoli
cereal with milk and wheat germ
potatoes with cheese and vegetables
pancakes with molasses

saltine crackers with cheese
yogurt
orange sections
vegetables with yogurt dip or cheese
milkshake with molasses
ice cream topped with wheat germ



☆ Serve foods rich in iron

Iron-rich foods stop lead from being absorbed into the body. Vitamin C is important because it helps the body absorb more iron. Eat a Vitamin C rich food at the same meal when you eat foods rich in iron.

Iron Sources

beef, turkey, lamb, pork
liver
sardines
spinach, greens
dried beans, peas, and lentils
tofu
dried prunes and prune juice
dried fruits
molasses
wheat germ
whole wheat and enriched bread
iron-fortified WIC cereals



Vitamin C Sources

oranges and orange juice
grapefruit and grapefruit juice
strawberries
cantaloupe and honeydew melon
tangerines
tomatoes and tomato juice
potatoes
broccoli
cabbage
cauliflower
red/green peppers, chili peppers
summer squash
WIC juices

☆ Offer foods rich in calcium

The calcium in milk and other foods also helps prevent lead from being absorbed into the body. Children need 2 to 3 servings of milk and other calcium rich foods each day. Children who drink too much milk are often not hungry for other healthy foods.

Calcium Sources

milk
cheese
pudding made with milk
canned sardines with bones

yogurt
milk-based soup
canned salmon with bones
calcium fortified tofu

What Else Can You Do?

- ✓ Always wash your child's hands before he eats.
- ✓ Keep areas clean where your child lives, plays, eats, and sleeps.
- ✓ Keep your child from putting things that may contain lead in their mouths.
- ✓ Wash all toys, pacifiers, and other things that your children may put in their mouths.
- ✓ Throw away food that has fallen on the floor or ground.
- ✓ Water from faucets may have lead in it. Let your water run for at least 30 seconds before you use it for drinking or cooking. Do not use hot tap water for cooking or drinking.
- ✓ Some imported pottery, china, crystal and ceramics have lead. Use only lead-safe utensils for cooking or storing food and drink.
- ✓ Do not give your children lead-containing folk medicine powders, such as greta and azarcon.
- ✓ Ask your child's doctor for a blood lead test.

For more information about protection your child from lead poisoning, call (785) 296-0189 or fax (785) 296-6522.